

# SOCIAL DISTANCING



## WHAT DOES IT MEAN?

- Social distancing is a public health safety intervention used to reduce the likelihood of transmitting communicable disease.
- Social distancing involves minimizing exposure to infected individuals by avoiding large public gathering venues, adhering to spacing requirements in the workplace, and following proper personal hygiene practices.

## STRATEGIES FOR EFFECTIVE SOCIAL DISTANCING

The following strategies may be useful in conducting social distancing:

- Adhere to public health hygienic recommendations by washing your hands after touching commonly used items or coming into contact with someone who is sick.
- Proper hand washing involves scrubbing hands for **at least 20 seconds with soap and water.**
- Avoid touching your face, nose, and mouth and avoid rubbing your eyes.
- Practice proper coughing or sneezing etiquette.
- If working in close proximity to other individuals, attempt to keep a distance of approximately **three feet** from the nearest person while working.
- Avoid congregating in large public venues such as theaters or sporting events.

## PREPAREDNESS

The following actions should be taken prior to an event that warrants social distancing:

- Develop a family emergency plan that includes how they would be cared for if they got sick.
- Maintain a reserve of vital supplies such as food and water and prescriptions medications.